

DINNERLY



Pan-Fried Chicken with Salt and Vinegar Smashed Potatoes



30 minutes



2 Servings

Smashing potatoes before roasting gives amazing results – they're fluffy and soft on the inside, and crunchy on the outside. Teamed them with juicy pan-fried chicken breast, it's a 'smashing' midweek meal!

WHAT WE SEND

- 300g chat potatoes
- 1 large free-range chicken breast fillet
- 5g country seasoning ¹⁷
- 1 carrot
- 1 Lebanese cucumber
- 100g baby spinach leaves

WHAT YOU NEED

- 2 tbs olive oil
- 2 garlic cloves
- 1 tsp wholegrain mustard ¹⁷
- 1 tbs white vinegar
- ½ tsp sugar

TOOLS

- medium saucepan
- oven tray
- medium frypan
- vegetable peeler

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

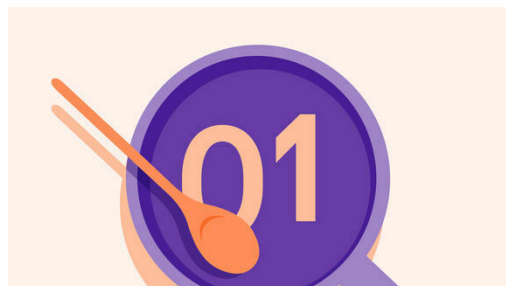
We've substituted white chat potatoes for the red chats pictured due to current supply shortages. Don't worry, the dish will be just as delicious!

ALLERGENS

Sulphites (17). May contain traces of other allergens.

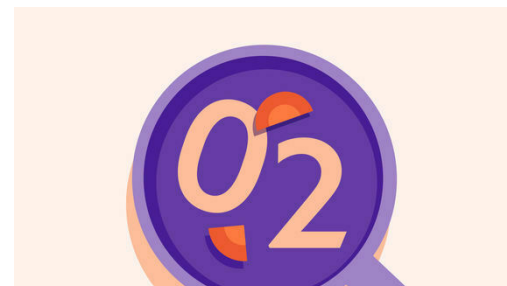
NUTRITION PER SERVING

Energy 480kcal, Fat 20.6g, Carbs 28.5g, Proteins 40.0g



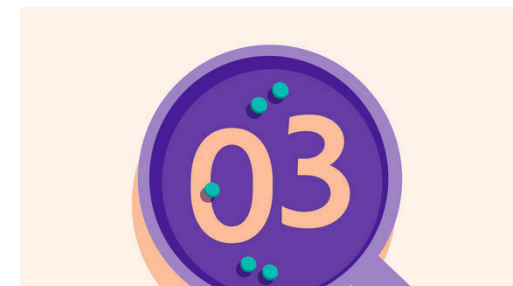
1. Parboil potato

Preheat the oven to 220C. Halve the **potatoes** (see Cooking tip) and quarter any large ones. Put in a medium saucepan, cover with cold salted water and bring to the boil. Cook for 8-10 mins until just tender. Drain. Put the potato on a greased oven tray (see Kitchen 101) and, using the back of a large spoon or a potato masher, lightly press down on each potato to smash.



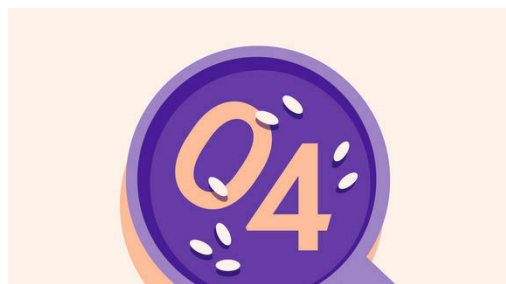
2. Roast potato

Drizzle the **smashed potato** with **3 tsp olive oil**, then season with **pepper** and **½ tsp salt**. Roast for 15 mins or until golden and crisp. Meanwhile, put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



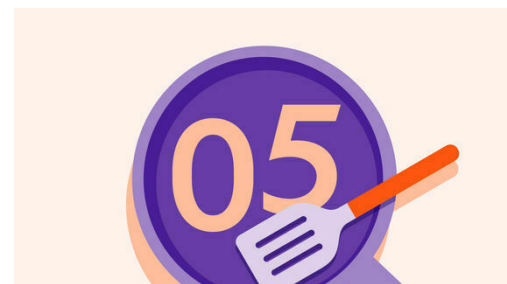
3. Pan-fry chicken

Crush or finely chop **2 garlic cloves**. Combine the garlic, **country seasoning**, **2 tsp olive oil** and **½ tsp wholegrain mustard** in a large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat. Heat a medium frypan over medium-high heat. Cook the chicken for 3-4 mins each side until browned and cooked through. Remove the pan from the heat.



4. Make salad

Peel the **carrot**, then peel the carrot and **cucumber** into ribbons with a vegetable peeler. Combine **3 tsp olive oil**, **2 tsp white vinegar**, **½ tsp sugar** and **½ tsp wholegrain mustard** in a large bowl, then season with **salt and pepper**. Add the **spinach**, carrot and cucumber and toss to combine.



5. Serve up

Divide the **chicken**, **smashed potato** and **salad** among plates. Drizzle the potato with **2 tsp white vinegar** and enjoy!



6. Kitchen 101

Roasting the potato on a greased oven tray helps to amp up the crispy factor. If you prefer, you can line the tray with baking paper to save extra washing up.